

I Evaluation.

II Adaptation.

III Selection.

IV Organization.

II Adaptation -

1. By age
 - a. Chronological
 - b. Physiological
 - c. Psychological.
2. By sex. separate at 10.
3. According to needs of child specific.
4. Facilities
 - a. Space
 - b. equipment.
5. According to Time.
6. Climatic and Seasonal Conditions.

Selection :

Individual needs according sex, age

" " & "mass Athletics" - Staley.

IV Organization.

Natural

Self-Test Act.

Rhythmical.

Dramatic

Hunting Games.

Fencing, etc

Aquatic

Artificial

Calisthenics.

Camp, etc.

Corrective Ex.

Related

Secondary School Program. 2 Periods a wk.

Fall
Hockey ✓
Base-ball
Volley-Ball. ✓
Track & Field

Winter
Basketball ✓
Gym. ✓
Tumbling. ✓
Skating? ✓
Games

Spring
Base-ball ✓
Track & Field ✓
Folk Dancing.
Tennis.

select imaginarily^{school} make out 3 yr. required program for High School.

Description of school - vicinity
Facilities
Time allotment.
Program.

2nd year high school 5 periods a wk. Good facilities.

	<u>Mon.</u>	<u>Tues.</u>	<u>Wed.</u>	<u>Thurs.</u>	<u>Fri.</u>
{	Gymnasium	Dancing	Swimming	Games.	Basketball.
	Apparatus				
	5 th units: Tumbling.				

Problem?
3 & 4.

Method - Dec. 22nd 1911
Williams - Hygiene
Act. child needs for health.

144-6786

I have a time 4 u.

Chp. 10 - Schedules.

Topic - which interests you.

Bibliography - March 2nd

Topic - April 1st.

Pg. 102

list of essay Act.

- ergonomics*
- A. Amount. - Point at which one reaches fatigue.
 - B. Variety - Abilities & Interests.
 - C. Intensity. - According to Phy. condition, environment, etc.
 - D. Duration & Frequency - Every day if possible & pt. of fatigue.

Signs of Fatigue -

1. Undue breathlessness.
2. Stitch in side.
3. Beat in heart.
4. Feeling of constriction in chest.
5. Faint, nauseated.

Observer Notices.

1. Labouring for breath.
2. Mouth open & nostrils contracted.
3. Neck Muscles tense. Veins extended.
4. Skin - pale or darkish red.
5. Leans - poor posture.
6. Disturbances of nervous system.
7. Not happy - facial expression.

School - Private

L. Creighton.

Facilities - Balls, fair amt. of apparatus - Out-door pool. Individual equipment at
Time allotment - 2 hrs. a week.

Number - 75.

Fall

Winter

Spring.

Swimming (till it gets too cold)
Hockey
Volley - Ball.
Badminton
Golf.
La Crosse.

Basket ball.
Gymnastics.
Stunts & Tumbling.
Apparatus.
Games.
Dancing.
Skating.
Badminton
Volley - ball

Track & Field
Baseball
Archery.
Tennis
Swimming (when it is warm enough)
Bowling (out - doors)
Riding.
Golf.

Swimming
Hockey
Volley - Ball
Golf
La Crosse
Badminton

Basketball (advanced)
Gymnastics (")
Apparatus
Highly skilled games
Dancing.
Skating
Badminton
Fencing.

Track & Field.
Baseball.
Archery.
Tennis
Riding
Golf.
Swimming.

Swimming.
Hockey.
Volley - Ball
Golf
La Crosse
Badminton

Basketball
Gymnastics (advanced)
Apparatus (")
Highly skilled Games
Dancing.
Skating.
Badminton.
Fencing.

Track & Field.
Baseball.
Archery.
Riding.
Golf
Tennis
Swimming.

Grade X

Grade XI

Grade XII

- (B) Diet Good.
- (C) Weight good for comfort.
- (D) Enough recreation & sleep.
- (E) Not fatigued.

Attitudes:-

Readiness. Stimulus and Response.
 Enthusiasm.
 Enjoy
 Desire to excel.

5) Concentration

Control direction of one's attention.

Fear or worry.

Be calm & peaceful in body & mind.

1. Rapid work keeps attention, aids concentration.
2. Interest & suitable work.
3. Definite purpose in study.
4. Have alert questioning attitude.
5. Have interest in improvement.
6. Control of emotions and fatigue.

Memory is important in the learning process.
 Whatever will improve

1. Receiving or experiencing impression.
2. Retaining of impression.
3. Recalling.
4. Recognising as original impression.

1. Have active, energetic attitude. Clear cut, accurate + vivid.
2. Have the intention to remember.
3. Having confidence in ability to remember.
3. 1st study try to get ideas or units of thought rather than details.
4. Make as many associations as possible in material you are reading.
5. Provide for repetition of material to be learned.
6. Learning a thing as a whole is better than part learning.
7. Over-learning is a safe guarding against under learning.
8. Practice in recalling + recognising of impressions is equally imp. as recognising.

Reading: - 90% of study this reading.
Good reading necessary for practical efficiency in life.

Improve reading ability.

1. Persistent effort
 2. Analyse any specific difficulties + try to find a remedy to overcome
- Improve Reading.

- 1.
 2. Less reading with lips - Reduce vocalisation
 3. Learn to overlook unimp. words + concentrating on meaning.
 4. Avoid nervous movements while reading.
- 245 Average words a minute for Freshman.

[Use of the Library]

Vocabulary
hooking up words which you do not know
the meaning.

Judge the meaning of new words by
context.

Keep lists of new words.

Interest & Concentration helps.

Getting bird's eye view of what is read.
Get actual facts & details given & dis-
tinguished between opinions & facts.
Remembering what one has read.

Methods of reading for different types.

1. Skimming.
2. Reading for mastery of content. May
be 2nd .. of what was skimmed.
3. Criticism.
4. Read a book for enjoyment & enlightenment.

History of P.E. - Leonard + Mac Kenzie.

A brief Hist of P.E. - E. A. Rice.

Physical Ed - W. R. Welpton.

P.E. been determined by social, political, economic and religious influences of the time. No formal P.E. in primitive tubes. Energy for living - food, battle, etc. Early time ed. by imitation. (Daughter follows mother, etc.) Hunting, fishing, fighting, building shelter only form of Phy. Ed. Most skillful man chief of tube - not popular. Amusement of early man were bands (tales of war, etc.) prize of heroes, dances of hunting or of battle or religious significance. Youth's ed. learning tribal dances.

The women did labor about home. Wanted girls to be ^{obedient} ~~obedient~~, industrious, patient so this was their ed. goal.

China oldest civil. Regressed 1000 yrs. ago. Remained static. Ed. preparation for life in static society. Instead of living in changing & dynamic place.

Persia - Training of boys - justice tho' watching elders judging cases, self-control & obedience. Self-restraint in eating & drinking. Activities, ^{Bow + Arrow} hurling spear, learn to shoot. At 17 Ring took groups of boys hunting. Training practical & not intellectual, learning by imitation and example.

697 Greece - P.E. Ed., dancing, etc part of Ed.

1. In what way may we become immune from disease?
2. What makes us immune?
3. How do scientists discover, & test out a vaccine?
4. What is the difference between obtaining immunity from having diphtheria & from receiving toxoid treatments?
5. Could all diseases be wiped out by vaccine treatment?
6. How can we avoid contracting transmissible diseases?

- I. a. Give four instances in which a bully would occur.
b. Name the players taking the bully in each case.
c. Give the position on the field where each bully is taken.
- II. a. List ten fouls for which a free hit is given.
b. Give five points governing the free hit rule.
- III. a. When is a player "offside"?
b. How can a player keep inside?
- IV Name the penalty awarded when
a. defense fouls in the striking circle.
b. attack fouls in the striking circle.
c. one of the centers makes a foul while bullying.
d. the ball goes out of bounds over the side line.
e. a player steps over the center line before the center bully has been completed.
(i.e.: before one of the center forwards has touched the ball).
- V Give line up of players when
a. the defense hits the ball over the end line not between the goal posts.
b. attack hits ball over the end lines not between the goal post. (Use diagrams).